



Fruit-filled Puff

Pancakes

Fresh fruit topping adds vitamins and antioxidants to these low-fat pancakes. For extra fiber, make them with whole wheat flour and wheat germ.

Ingredients:

- Nonstick cooking spray
- 1/2 cup refrigerated or frozen egg product, thawed, or 1 whole egg plus 1 egg white
- 1/4 cup all-purpose flour
- 1/4 cup fat-free milk
- 1 Tbsp. cooking oil
- 1/4 tsp. salt
- 2 cups fresh fruit (choose from sliced strawberries, peeled and sliced kiwi fruit or peaches, blackberries, blueberries, seedless grapes, sliced nectarines or apricots, and/or pitted and halved sweet cherries)
- 2 Tbsp. orange marmalade, warmed

Directions:

For pancakes, coat four 4-1/4-inch pie plates or 4-1/2-inch foil tart pans with cooking spray. Set aside. In a large mixing bowl use a rotary beater or wire whisk to beat egg product or whole egg plus egg white, flour, milk, oil, and salt until smooth. Divide batter among prepared pans. Bake in a 400° F oven about 25 mins. or until brown and puffy. Turn off oven; let



FitCity Focus: National Women's Health and Fitness Day, Sept. 29

Wednesday, September 29, has been designated as a day for women of all ages to pay attention to their health and fitness. The [National Women's Health and Fitness Day](#) is the largest annual event that focuses attention on the importance of regular physical activity and smart health choices for women. More than 1,400 groups across the country will host women's health and fitness events on this day.

You don't have to wait until September 29 to take control of your fitness and health, FitCity offers these tips:

- Your body needs to move to be healthy. Try alternating cardiovascular exercise, resistance training and stretching exercises to keep you active.
- A workout doesn't have to mean treadmills and weight machines. You can go outside and get fit with your family by just walking. Go for a brisk walk around your neighborhood or visit one of the many city and state parks.
- Fit women lead by example and move with their children. Show them that healthy living means an active lifestyle. Play with them instead of just watching them play. FitCity has an indoor obstacle course that uses everyday items that can get you moving. You can find that - and more on the [FitCity Games page](#).
- Proper nutrition is important to your health as well. This is a good time to get back on track with healthy eating. Cook dinner with your kids and sit down to eat as a family each night.



Thanks to the resources in our city, including [FitCity](#), [INShape Indiana](#), and the [American Heart Association](#), every day is a day for women's fitness and health in Indianapolis. For programs and special events happening on National Women's Health and Fitness Day visit the [FitCity calendar](#).

September Raises Awareness of Childhood

stand in oven for 5 mins. To serve, immediately after removing the pancakes from oven, transfer to 4 plates. Spoon some of the fruit into center of each pancake. Drizzle fruit with warmed orange marmalade. Makes 4 servings.

Nutrition: calories 123, total fat 4g, saturated fat 1g, cholesterol 0mg, sodium 210mg, carbohydrate 18g, fiber 2g, protein 5g



10 Will Walk for Free on Sept. 19

Join the FitCity Team on Sunday, September 19, for the 2nd Annual Indianapolis [Walk from Obesity](#). The event starts at 1 p.m. at the Lawrence North High School track. Choose from a 1 or 3-mile walk. No matter the distance, join FitCity and move more for a good cause.

The first 10 people to e-mail FitCity with an answer to the question "Why do you walk for your health?" will receive one FREE registration for the Walk from Obesity (a \$25 value). Send your response to comments@fitcityindy.org today.

You Ask. We Answer. Why can't I lose weight even though I'm working out? How do I get rid of my gut? These questions and more are being answered by FitCity's fitness consultant, Taylor Bennett. Ask your own questions to help keep your family on the healthy track. Visit [I Am FitCity](#) for more information.

300 Schools; 300 Salad Bars
[Whole Foods Market](#) is partnering with [Chef Ann Cooper](#), a.k.a. "The Renegade Lunch Lady," to help kids eat healthier lunches. Whole Foods is raising money for a salad bar in at least one school in the communities surrounding each of their 300 stores. [Click here](#) to



Obesity

The first-ever [National Childhood Obesity Awareness Month](#) launched September 1, because childhood obesity is more widespread than scientists originally thought. Researchers have found that parents tend to underreport their children's weight, missing one in five obese children.

Through the National Childhood Obesity Awareness Month individuals and organizations are encouraged to do whatever they can to understand the causes and implications of childhood obesity and to seek solutions. [Download a kit](#) to promote Childhood Obesity Awareness Month or visit www.fitcityindy.org for ideas and information to get your children moving more and eating healthy.

FitCity in the City

This month, [FitCity](#) will be a part of several city-wide events. Stop by the FitCity booth for fun fitness activities, healthy recipes and tips to help you make a healthy move.

- Friday, Sept. 3: Miracle Mile Health Fair, 2-6 p.m., St. Francis Neighborhood Health Center at Garfield Park, 234 E. Southern Ave.
- Saturday, Sept. 11: The Women's Missionary Society Health Fair, 11 a.m.-3 p.m., at the Coppin Chapel AME, 3201 N. Capitol Ave.
- Saturday, Sept. 11: [The Power for Healthier Tomorrow Celebration](#), 10 a.m., The Fitness Farm, 2345 W. 44th St.
- Saturday, Sept. 18: [Dick Lugar Community Run, Walk and Health Fair](#), 7-11 a.m. at Butler University.
- Saturday, Sept. 25: [3rd Annual CLD 2K Youth Empowerment Walk](#), 8-10 a.m., Washington Park, 3030 E. 30th St.
- Saturday, Sept. 25: Pike Township Community and Safety Fair, 11 a.m.-3 p.m., New Augusta Public Academy North, 6450 Rodebaugh Rd.

If you would like more information about these events, or if you would like to have FitCity participate in your event, send an e-mail to comments@fitcityindy.org.



Indianapolis is Still Playful

For the second year in a row, Indianapolis has been named a [KaBOOM! Playful City](#) thanks to Mayor Ballard's Get Fit Indy! challenge to promote healthy activities and encourage Indianapolis youth to become part of a fit generation. Mayor Ballard encourages you to join in the Playful City Celebration on Saturday, September 18, by stepping away from the "screen" and getting outside to PLAY!

KaBOOM!'s Playful City USA is a national recognition program honoring cities and towns across the country committed to taking action for play.

FitCity Calendar

- Sept. 7, 9, 14, 16: [Walk with Winnie](#), 7 a.m., Eagle

find out how you can put salad bars in our schools.

Fruits & Veggies are a Big Hit



Based on last year's success,

Fruits & Veggies - More Matters

™ is returning for students in grades K-1 in Marion County. Kids can learn to eat more fruits and vegetables thanks to a fun, interactive program offered by the Marion County Health Department's Nutrition Services department. Fruits & Veggies - More Matters™ is a three-week program designed to help kids make healthy choices about the foods they eat. The best part? Students get to celebrate at the end with a tasting party.

The program is FREE and available to schools in Marion County. In addition to the K-1 level, schools are invited to pilot the Level 2 curriculum for 2nd and 3rd graders. For more information or to register your school, contact Jaclyn Morgenstern at (317) 221-7403 or jmorgenstern@hccorp.org.



Register Now and Walk to School

Walk to School

Day is Wednesday, October 6. More than 1,000 schools have already registered - is your school one of them? Join kids and families across the U.S. who will walk and bike to school in October. [Click here](#) to register and for more information.

Creek Greenway. Join First Lady of Indianapolis Winnie Ballard as she leads a walking group through Eagle Creek. For more information call (317) 327-PARK.

- Saturday, Sept. 18: Community Day at [The Flip Zone](#), 10 a.m.-2 p.m., 880 Andico Rd., Plainfield. Gymnastics, martial arts demonstrations, bounce houses and more. For more information call (317) 838-0667.
- Saturday, Sept. 18 & Sunday, Sept. 19: [Hoosier Outdoor Experience](#), 9 a.m.-6 p.m., Fort Harrison State Park. Indiana's largest, hands-on outdoor recreation event with over FREE 50 activities. For more information contact [Indiana Department of Natural Resources](#).
- Saturday, Sept. 25: [Ovarian Cancer Run/Walk](#), 7:30 a.m., Historic City Market, 222 E. Market St. A 4-mile, 3-mile, 1-mile walk or a Jazzercise workout. For more information call (317) 925-6643.
- Tuesday, Sept. 28: The first of eight weekly Lite 'N Up classes to take place at [NIFS](#). Learn about healthy eating on the go, grocery shopping, new types of exercise, better for you cooking techniques, and more. For more information call (317) 274-3432.

For more events and FitCity resources visit www.fitcityindy.org or call 2-1-1.

FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of Central Indiana](#), [Marion County Health Department](#) and [Connect2Help 2-1-1](#).

Make a healthy move and share the FitCity News!

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to a Friend 

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